



## Nutrition Seminar: Buzzwords and Fad Diets

A Free Virtual Workshop



Presented by **Cancer Support Community Atlanta**

**Alkaline**  
**Clean Raw**  
**Gut Health**  
**Superfoods**  
**Organic**  
**Detox**

Spring is here, and bees are not the only thing buzzing around! Breakdown the true meaning of nutrition buzzwords and see behind the mask of fad diets. Join registered dietitian Amanda Pencek, Northside Oncology Dietitian, as she discusses how to spot a fad diet and more healthful eating patterns and styles to last a lifetime.

*Presented by:*  
**Amanda Pencek,**  
MS, RD, CSO, LD

**Tuesday, May 21**  
**12:00 - 1:00 p.m.**

Register in advance for this program on our website at:

[www.cscatlanta.org/calendar](http://www.cscatlanta.org/calendar)

After registering, you will receive a confirmation email containing information about joining the program virtually.



Registration



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